



Step 1

Learn more about asthma medicines

Some asthma medicines are taken every day, while some are taken only when asthma gets worse. Ask your health care provider or your clinic which medicines are right for you. Be sure you know how and when to take the medicine.

If your provider gives you an inhaler, make sure you know how to use it. If you have trouble using your inhaler, ask your provider or pharmacist if a spacer tube is right for you.

Step 2

Prepare an asthma action plan with your provider

An Asthma Action Plan tells you how your provider wants you to treat your asthma.

- Ask your provider to fill out an Asthma Action Plan with you.
- Know when to take your medicines or to give medicine to your child.
- Know what to do if your asthma gets worse.
- Review the plan with your provider at each visit.



Step 3

Get a flu shot

Ask your health care provider about getting a flu shot. It is important for people with asthma to stay healthy. The vaccine does not cause the flu. Flu shots are a covered benefit of Montana Medicaid.

Step 4

If you smoke, quit now

Smoking, or being around people who smoke, makes asthma worse. Do not allow smoking in your home. Be sure no one smokes around you or your child. If you smoke, ask your provider to help you quit. For help quitting, contact the Montana Tobacco Quit Line at 1-866-485-QUIT (7848).



Step 5

Avoid asthma triggers

A trigger is anything that makes asthma or breathing worse. Many people with asthma also have allergies to things like dust mites, pets, certain foods, pollen, mold or cockroach droppings. These things can trigger asthma attacks.

Here are some ways to help avoid asthma triggers.

- **Vacuum often.** If someone else cannot vacuum for you, wear a dust mask while vacuuming. Keep children with asthma away from room being vacuumed.
- **Wash clothes,** sheets and blankets each week in hot water. Also wash your pillowcases every week.
- **Wash your hair** or an asthmatic child's hair before going to bed.



- If you have a pet and it has to be indoors, keep your pet out of bedrooms at all times. **Bathe your pet** every week and wash your hands after touching your pets.
- When pollen and mold counts are high, keep your windows closed. Stay indoors in the middle of the day.
- Avoid food, including beer and dried fruits, which have sulfites in them. Read the food labels.

Call the Nurse First Asthma Program at **1-800-330-7847** anytime you are sick or hurt. The nurses are there 24 hours a day, 7 days a week.

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5 Easy Steps to Help Control Your Asthma



The Nurse First
Asthma Program

Montana Medicaid

